



Dads and Mental Health Matter!

March 8, 2023

Agenda

Time (EST)	Activity	Lead Presenter / Moderator
12:00 – 12:05 PM	Welcome and Introductions	Jerome Williams, NRFC
12:05 – 12:10 PM	Opening Remarks	Jacqueline Proctor, MHS National Initiatives Branch Chief Office of Family Assistance
12:10 – 12:15 PM	Goal and Objectives About the NRFC	Jerome Williams, NRFC
12:15 – 1:00 PM	Panel Discussion	Richard Barr, NRFC Armin Brott, MrDad.com Shari Doherty, Child Find of America, Inc. Cori J. Williams, LICSW, Quintessential Wellness Solutions LLC
1:00 – 1:20 PM	Q&A	Richard Barr, NRFC Jerome Williams, NRFC
1:20 – 1:30 PM	Tips and Resources Closing and Survey	Jerome Williams, NRFC

Introductions



**Richard
Barr**

Writer, Webinar Lead
ICF/NRCF



**Armin
Brott**

Author, Columnist,
Radio Host, and
Founder, MrDad.com



**Shari
Doherty**

Program Director / Lead Trainer
Child Find of America, Inc.



**Cori J. Williams,
LICSW**

Clinical Social
Work/Therapist, Founder
Quintessential Wellness
Solutions LLC

Opening Remarks



Jacqueline Proctor, MHS
National Initiatives Branch Chief
Office of Family Assistance

Goal and Objectives

During today's webinar we will discuss the ways we can address the mental health challenges of dads. Researchers, practitioners, and fathers with lived experiences navigating mental health disorders will share strategies and resources for working with dads.

Attendees will learn:

- The impact of paternal mental health on parenting, children, and relationships.
- How the COVID-19 pandemic has opened the door to more discussion about the importance of mental health and treating mental health issues.
- Barriers to treatment and ways to overcome them.
- Where fathers can access work- and community-based mental health services.

A photograph of a man and a young boy in a field. The man, on the right, is wearing a blue and white striped shirt and is kissing the boy on the forehead. The boy, on the left, is wearing a dark grey hoodie and is holding a light-colored hat. The background is a vast, open field under a cloudy sky.

About the NRFC



About Us

- HHS/ACF Office of Family Assistance provides funds to support fathers and families through the National Responsible Fatherhood Clearinghouse.
- Resources are available for dads, fatherhood programs, researchers, and policy makers.



For More Information

Visit the NRFC: [Fatherhood.gov](https://fatherhood.gov)

Join our Virtual Collaborative Community at learningcommunity.fatherhood.gov

Contact us: Help@FatherhoodGov.info

Encourage fathers or practitioners to contact our national call center toll-free at:

- **1-877-4DAD411** (877-432-3411)

Engage with us via social media:

- Facebook - @Fatherhoodgov
- Instagram - @officialfatherhoodgov
- LinkedIn – <https://www.linkedin.com/company/fatherhoodgov/>
- Twitter - @Fatherhoodgov

Dads and Mental Health Matter!



A hiker with grey hair, wearing a bright yellow jacket and a large blue backpack, is sitting on a rocky outcrop in the foreground. They are looking across a calm lake towards a distant mountain range. The lake's surface is still, reflecting the surrounding landscape. On the right, a steep, rocky cliff rises, dotted with trees that have turned a golden-yellow color, suggesting autumn. In the background, a prominent, jagged mountain peak stands out against a pale, overcast sky. The overall scene is peaceful and scenic, capturing a moment of solitude in nature.

Panel Discussion

Discussion Topics

- Factors that prevent fathers from accessing mental health services.
- Factors that impact a father's mental health.
- The impact of fathers' mental health on coparents and children.
- Practical steps for fathers to access mental health services.
- The impact of the pandemic on fathers and fatherhood programs, particularly regarding mental health.
- Strategies to help fatherhood programs understand and address fathers' mental health issues.



Tips and Resources

Tips from NRFC Toolkit: Engaging Participants

- **Be aware of your own skills and program limitations.** Sometimes you will not be able to address all your participant's needs. Be honest when this happens. Overpromising what your program can deliver will lead to a loss of trust. Make referrals to agencies who can better meet these needs when necessary.
- **Help fathers manage their emotions.** Many men who come to fatherhood programs struggle with depression and low morale as a result of life experiences and current circumstances. They have often felt rejected and let down by various institutions and programs. Many have not had loving, actively involved fathers in their lives. Helping dads identify and manage their emotions—anger, resentment, disappointment—can be a key component of successful one-to-one contact.
- **Avoid jargon.** Speak in plain language whenever possible. Do not make assumptions about participant's educational background. Do make information easily understandable

Tips from NRFC Toolkit: Engaging Participants (continued)

- **Have open conversations.** Open ended discussions often play a large part in determining the full scope of services fathers need. These kinds of conversations help cover areas intake sheets may miss.
- **Set goals.** Develop a realistic plan stating the father's short-term and long-term goals. These goals should be reviewed and updated frequently to document and encourage progress.
- **Have regular one-to-one sessions.** When first starting a new routine, many fathers struggle to stay on track. Court appearances, job loss, and financial strain add to this difficulty. During individual sessions case managers can show fathers how to create plans for crises when they occur. Regular sessions also show you are consistently available and invested in guiding fathers all the way through their journey.

Helpful Resources

NRFC Resources

- [Depression Among Urban Fathers](#) (Research Report, 2016)
- [Let's Talk About Mental Health](#) (Webinar, 2015)
- [Let's Talk About Mental Health](#) (Blog, 2015)
- [Forging Effective Responsible Fatherhood Partnerships](#) (Research-to-Practice Brief, 2013)

Other Resources

- [Caregiver Guides](#) produced by the Ad Council in partnership with Pivotal Ventures as part of [Sound it Out](#), a national campaign based on “the power and soul of music to help parents and caregivers better support their middle schooler’s emotional wellness”.
- [The Black Progress Index: Examining the Social Factors that Influence Black Well-Being](#) (Brookings, 2022)

Helpful Resources (continued)

Other Resources

- [5 Action Steps for Helping Someone in Emotional Pain](#) (National Institute of Mental Health, 2022)
- [5 medidas que puede tomar para ayudar a una persona con dolor emocional](#) (National Institute of Mental Health, 2022)
- [Mental Health within Native Communities: A Story of Resilience, Recovery, and Employment](#) (Webinar, Office of Family Assistance, 2022)
- [Building a Culture of Trauma-Informed Practices](#) (Webinar, Office of Family Assistance, 2022)

A man with short brown hair, wearing a black zip-up hoodie over a black t-shirt with a white graphic, is seated and resting his head on his right hand. He is looking down and slightly to the right. In the foreground, the back of another man's head and shoulders are visible; he is wearing a blue button-down shirt. The background is a blurred office or meeting room with a whiteboard covered in small colorful notes and a green plant on a shelf.

Q&A

Q&A with the Panel



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THANK YOU

Please complete the participant survey.

Stay in Touch:

- Help@FatherhoodGov.info
- Comments, questions, suggestions for future webinar topics, information or resources that you recommend.

To Continue Today's Conversation:

- Join our Virtual Collaborative Community at learningcommunity.fatherhood.gov